



Shaker Village of Pleasant Hill is pleased to partner with the American Volkssport Association (AVA) in providing year-round walking and hiking opportunities at The Trails of Shaker Village. Founded in 1979, the AVA is a non-profit, tax-exempt, national organization dedicated to promoting the benefits of health and physical fitness for people of all ages. The AVA promotes physical fitness by sponsoring, through its affiliate clubs, non-competitive sports events in safe, stress-free environments.

The volksmarch event at The Trails of Shaker Village is sponsored by the Derby City Walkers. Open year-round, except for December 24 and 25. Registration and the trail start is located at The Inn at Shaker Village front desk. The Shaker Village admission fee of \$12.50 for adults must be paid and the village's liability waiver signed before registering for volksmarch. Reduced admission is available from November 1 through March 31.

The 10K (6.2 miles) trail tours the village building exhibits, travels on paved and gravel roads, grassy areas, wooded trails and stone walkways. There are steps going in and out of buildings and several hills. The walk is not suitable for strollers or wheel chairs. Dogs are not allowed on trails or in buildings. Restrooms and water are located in the village. Water should be carried for there is a 6K area where water is not available. Sturdy shoes and walking sticks are advisable in wooded areas. Walk only during daylight.

An alternate 11K trail consists of a 5K loop that runs alongside Shaker Landing on the Kentucky River and a 6K mill site loop. Each loop can be used as an extension of the 10K trail. The trail crosses rocky creek bottoms, grassy fields and wooded areas. It has several hills including one long hill on the river loop. Walking the river loop qualifies for the AVA Riverwalk America Program.

This event is sanctioned by the AVA in the IVV and participants are eligible for credit toward IVV Achievement Awards. A Award and credit \$7.00, credit only is \$3.00. The walk is open to the public and can be walked with no AVA charges by those not wishing to receive AVA/IVV credit. Download a trial brochure at www.shakervillageky.org, or contact the trailmasters for more information.

Trailmasters: Bob & Carol Miller
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